

# NH Fruit & Veggie News

*Promoting fruits and vegetables for better health in New Hampshire*



*The Fresh Fruit and Vegetable Program covers the procurement of fresh fruits and vegetables that will be offered to elementary school students between meals. Up to 35 New Hampshire schools may participate in this national program. To date, 23 have applied and are approved.*

## Fall 2008

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## USDA Fresh Fruit and Vegetable Program

### Fresh Produce for Schools

With the passage of the Farm Bill (the Food, Conservation, and Energy Act) this May, schools in all 50 states, the District of Columbia, Guam, Puerto Rico, and the Virgin Islands will be recipients of the Fresh Fruit and Vegetable Program (FFVP) for the 2008-2009 school year. The FFVP covers the procurement of fresh fruits and vegetables that will be offered to elementary school students during the school day between meals.

### FFVP Comes to New Hampshire!

In New Hampshire, the Department of Education administers the FFVP. Up to 35 New Hampshire schools may participate in this national program. Eligible schools were notified and then trained at the *Building Blocks Conference* in August. Attendees learned about the program and resources available to help them meet the FFVP's nutrition education requirements. To date, 23 schools have applied and are approved.

### Program History

The FFVP began as a pilot program in 2002. Due to the program's success, the pilot was expanded to make it a permanent program under the 2004 National School Lunch Act. In 2005, an evaluation report stated, "School staff believed that the pilot:

- Lessened the risk of obesity
- Encouraged children to eat healthier food
- Increased children's awareness of a variety of fruits and vegetables
- Helped children, who would otherwise be hungry, get more food."

"Many students described improvement in their eating habits, greater willingness to try different fruits and vegetables, or, at the very least, a greater consciousness about eating too much of what they call 'junk' foods." Read the full report at: [www.fns.usda.gov/cnd/Research/FV030063.pdf](http://www.fns.usda.gov/cnd/Research/FV030063.pdf)

## Quantity Cookbook

The NH Fruit and Vegetable Program in the NH Department of Health and Human Service (NHFVP) has been busy updating the *5 A Day Quantity Recipe Cookbook* to meet the *2005 Dietary Guidelines for Americans*. When the cookbook was developed in 2003, all the recipes met the *2000 Dietary Guidelines for Americans*.

### The Partners. The Process.

The NHFVP with assistance from the food service director at Kearsarge School District, updated each of the 40 original recipes as needed, in all four recipe sizes (family size, 25, 50, and 100 servings).

Next, the University of Hawaii Cooperative Extension Service, Nutrition Education for Wellness Program ran nutrient analyses for 14 nutrients on all four versions of each recipe. Those analyses were sent to the Centers for Disease Control and Prevention (CDC) and compared to Products Promotable, criteria that set nutrient standards for recipes associated with the Fruits & Veggies—More Matters® brand.

If a recipe did not pass the criteria, the NHFVP proposed new adjustments and the process started all over again. In the end, 31 of the 40 original recipes passed the new criteria.

The NH Food Bank, Recipe for Success will begin to test the recipes this fall to be sure each recipe produces an attractive and tasty finished product.

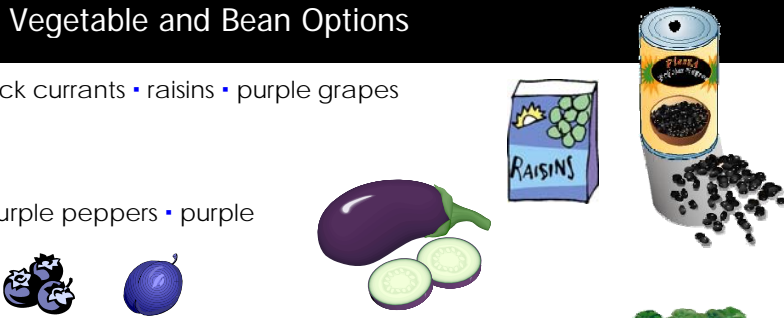
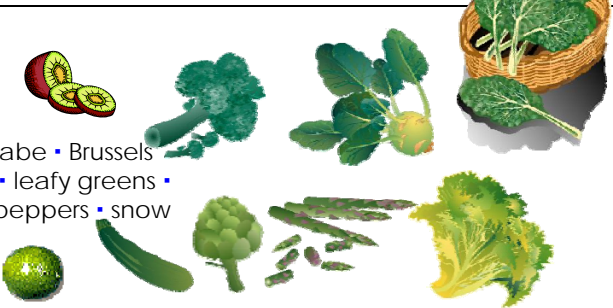

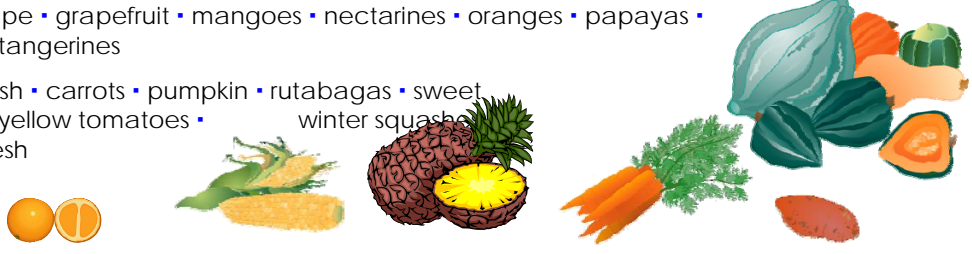
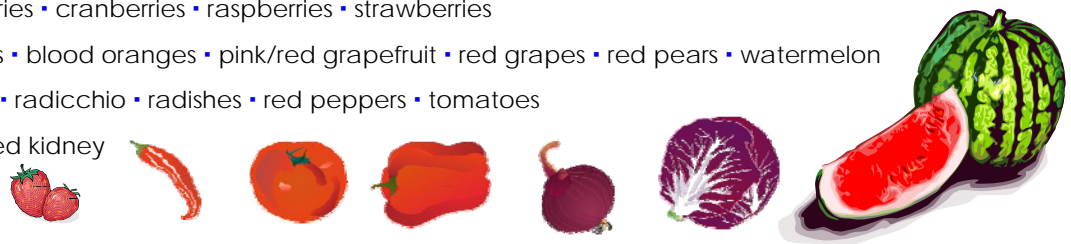
### Cookbook Online

The new cookbook will be available in early 2009. **The 2003 edition will remain online until the end of this year at** [www.dhhs.nh.gov/DHHS/NHP/LIBRARY/Fact+Sheet/fruitandveggieresces](http://www.dhhs.nh.gov/DHHS/NHP/LIBRARY/Fact+Sheet/fruitandveggieresces).

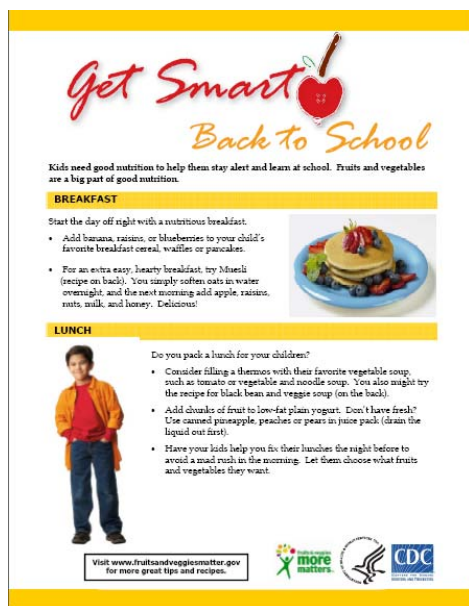


# Color Your Plate

Eat a colorful variety of fruits and vegetables to give your body the vitamins, minerals and other natural substances it needs to stay healthy. Eat something from each color group every day.

Color Group	Fruit, Vegetable and Bean Options	
Blue ■ Purple	<p><b>Small fruit:</b> blueberries • blackberries • black currants • raisins • purple grapes</p> <p><b>Fruit:</b> dried plums • purple figs • plums</p> <p><b>Veggies:</b> purple cabbage • eggplant • purple peppers • purple carrots • purple-fleshed potatoes</p> <p><b>Beans:</b> black azuki • black turtle</p>	
Green	<p><b>Small fruit:</b> green grapes</p> <p><b>Fruit:</b> avocados • honeydew • kiwifruit • limes • green pears • green apples</p> <p><b>Veggies:</b> artichokes • asparagus • broccoli • broccoli rabe • Brussels sprouts • green beans • green cabbage • cucumbers • leafy greens • leeks • romaine lettuce • green onions • peas • green peppers • snow peas • spinach • sugar snap peas</p> <p><b>Beans:</b> green split peas • soy beans</p>	
White ■ Tan ■ Brown	<p><b>Fruit:</b> bananas • dates • brown pears</p> <p><b>Veggies:</b> bamboo shoots • cauliflower • garlic • ginger • jicama • kohlrabi • mushrooms • onions • parsnips • shallots • turnips • water chestnuts</p> <p><b>Beans:</b> black-eyed peas • Cannellini • chickpeas • Great Northern • lima • navy • pinto</p>	
Yellow ■ Orange	<p><b>Fruit:</b> apricots • cantaloupe • grapefruit • mangoes • nectarines • oranges • papayas • peaches • pineapples • tangerines</p> <p><b>Veggies:</b> butternut squash • carrots • pumpkin • rutabagas • sweet corn • sweet potatoes • yellow tomatoes • winter squash with yellow or orange flesh</p> <p><b>Beans:</b> yellow split peas</p>	
Red	<p><b>Small fruit:</b> cherries • cranberries • raspberries • strawberries</p> <p><b>Fruit:</b> red apples • blood oranges • pink/red grapefruit • red grapes • red pears • watermelon</p> <p><b>Veggies:</b> beets • radicchio • radishes • red peppers • tomatoes</p> <p><b>Beans:</b> azuki • red kidney</p>	

★ Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of heart disease and some types of cancer, diseases associated with many factors.



## New "Get Smart!" Fact Sheets

Share these new fact sheets as a hard copy or electronic copy – one per month – at your school, worksite, or community program. Produce for Better Health (PBH) and the Centers for Disease Control and Prevention (CDC) developed the series to address the needs of families on the go. Each two-page fact sheet includes one or two recipes. To download the "Get Smart" fact sheets, visit

[www.fruitsandveggiesmatter.gov/publications](http://www.fruitsandveggiesmatter.gov/publications)

- **In Your Family Dinner** It's smart to add more fruits and vegetables to your family dinner. It's easy too!
- **As You Shop** Fruits and veggies can fit into any budget. These tips can help you save money as you strive to eat more fruits and vegetables.
- **Eating on the Go** You know eating lots of fruits and veggies is good for you, but you're constantly on the go. You can fit fruits and veggies into your everyday routine. Fruits and vegetables can be a part of a balanced diet anytime, anywhere.
- **Back to School** Kids need good nutrition to help them stay alert and learn at school. Fruits and veggies are a big part of good nutrition.
- **Entertaining** Whether you are short on time or short on money, these simple tips will help you host a great gathering filled with fruits and veggies.

## Order Form

### Bulk Color Publications for NH programs only (single copies for others)

- \_\_\_\_\_ Get more...because more matters (accordion brochure)
- \_\_\_\_\_ "More Peas, Please!" (for parents of young children)
- \_\_\_\_\_ "¡Más guisantes, por favor!" (for parents of young children)
- \_\_\_\_\_ Three Simple Steps to Eating More Fruits and Vegetables (easy-to-read fact sheet)
- \_\_\_\_\_ Como más frutas y verduras en tres simples pasos (Three simple steps to eating more fruits and vegetables) (Spanish)

### Color Publications – Single copies only

- ☐ **NEW!** PBH 2008 Nutrition Education Catalog (34-pages)
- ☐ How Many Fruits and Vegetables Do You Need? (12-pages)
- ☐ ¿Cuántas frutas y verduras necesitas tú? (How Many Fruits and Vegetables Do You Need?) (Spanish)
- ☐ Choose Smart – Choose Healthy (8-page brochure for women of African descent)
- ☐ **NEW!** How to Use Fruits and Vegetables to Help Manage Your Weight (8-page brochure)
- ☐ **NEW!** Why Do Fruits and Vegetables Matter to Men? (8-page brochure for men of African descent)

### Ready-to-Copy Materials – Single copies only

- ☐ Explore the World with Fruits & Veggies
- ☐ Freezees (Recipes for frozen fruit pops)
- ☐ Knock! Knock! Bookmarks (60 jokes)
- ☐ It's an election year . . . run a produce campaign!
- ☐ Worksite Fact Sheet Series (Color, Cooking, Eating Away from Home, Weight, Sustaining Behavior Change)

For more ready-to-copy fact sheets,  
visit us online at [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies)

Fax (603-271-4160) or mail this form to:  
Fruit and Vegetable Program, 29 Hazen Dr, Concord, NH 03301

Please add me to the *NH Fruit & Veggie News* list:

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★ Email address .....

### NH Fruit & Veggie

**News** is issued three times a year by the New Hampshire Fruit and Vegetable Program (formerly the NH 5 A Day for Better Health Program). Contact the program at [fruitsandveggies@dhhs.state.nh.us](mailto:fruitsandveggies@dhhs.state.nh.us) or 603-271-4830.

### National Fruit and Vegetable Alliance

- American Cancer Society
- American Diabetes Association
- American Heart Association
- California Department of Health Services
- Centers for Disease Control and Prevention
- Culinary Institute of America
- National Alliance for Nutrition and Activity
- National Cancer Institute
- National Council of Fruit and Vegetable Nutrition Coordinators
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Produce Association
- US Department of Agriculture



### Quick Tip!

For a quick and easy lunch, mix leftover cooked rice with your favorite frozen mixed veggie combo, add seasonings and zap in the microwave. It doesn't get much easier than that!

### 8269

NH Department of Health and Human Services  
Division of Public Health Services  
Nutrition and Health Promotion  
Fruit and Vegetable Program  
29 Hazen Drive  
Concord, NH 03301-6504

## Muesli

Muesli makes a great breakfast or after-school snack! It's traditionally eaten at room temperature, but feel free to heat it in the microwave for 30 seconds for a warm treat.

**Preparation Time:** Prepare the night before;  
takes 15 minutes

**Serves 1** (½ cup fruit per person)

3 tablespoons rolled oats  
6 tablespoons water  
1 apple  
2 tablespoons lemon juice

1 tablespoons raisins  
1 tablespoons chopped mixed nuts  
7 tablespoons low/non-fat milk  
2 teaspoons honey

- At night, before you go to bed, put the rolled oats into a large bowl and pour the water on top. Refrigerate.
- In the morning, peel the apple (optional), cut it in half, grate it and add it to the bowl with the lemon juice.
- Gently stir the raisins and nuts into the softened oats. Pour a small amount of milk on top of the oats, and then drizzle the honey on the top of the milk.

**Nutrients per Serving:** Serving size: full recipe makes one serving. 410 calories; 8g fat; 78g carbohydrate; 10g dietary fiber; 11g protein; 65mg sodium.



## Banana Yogurt Shake

This recipe can also be used as a dip for fruit.

**2 servings** (½ cup fruit per person)

**Recipe from** <http://www.fruitsandveggiesmatter.gov>

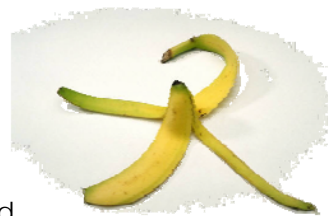
¾ cup nonfat milk  
½ cup low fat plain yogurt  
1/2 teaspoon vanilla  
½ cup ice cubes

2 small bananas, peeled  
¼ teaspoon cinnamon  
1/16 teaspoon nutmeg

- Whirl all ingredients in blender until smooth.
- Serve immediately

**Nutrients per serving:** 160 calories, 1.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 85mg sodium, 32 g carbohydrate, 3g dietary fiber, 7g protein.

**Diabetic Exchanges:** 1 fruit, 1 milk.



## FoodChamps.org

Produce for Better Health has a new website just for kids! FoodChamps.org features the **Fruit & Veggie Color Champions™** while giving kids some hands-on experience in the kitchen, and telling them about the importance of eating a colorful variety of fruits and vegetables. These colorful friends guide children on fruit and vegetable adventures that make learning fun. Join the Champions as their escapades take them through games, coloring, puzzles, and rhymes. Visit them at [www.foodchamps.org](http://www.foodchamps.org).



# NH Fruit & Veggie News

*Promoting fruits and vegetables for better health in New Hampshire*



*Research shows that feeling full is one reason people stop eating. It's a stronger factor than how many calories you eat.*

Spring 2008

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## Fruits and Vegetables and Weight

### Fruits and Veggies Are Filling

- To lose weight, you must eat fewer **calories** than your body uses. But, this does not mean you have to eat less **food**.
- To cut calories, substitute low-calorie fruits and vegetables for some of the high-calorie ingredients like cheese and meat.
- This works because most fruits and vegetables are naturally low in calories. That's because they are low in fat and high in **water** and **fiber**.
- The water and fiber in fruits and vegetables add **volume**. That means they take up more space on your plate and in your stomach. They are filling. You'll feel more satisfied when you add them to your meals. Research shows that feeling full is one reason people stop eating. It's a stronger factor than how many calories you eat.

### Substitution Is Key

- Eat fruits and vegetables **instead** of other higher-calorie foods.
- If you eat fruits and vegetables in **addition** to what you usually eat, you are adding calories – and may gain weight.

### Simple Hints

- Eat off a normal-size or small-size plate – not a platter.
- Fill half your plate with fruits and vegetables at every meal.
- Make fruits and vegetables your first choice for snacks.



### Sandwiches, Wraps, Burritos

Substitute fresh or roasted vegetables for half of the cheese and meat in your sandwich, wrap or burrito. Try adding lettuce, tomatoes, onions, beans, eggplant, mushrooms, or cucumbers.



**Soups** Add 1 cup fresh, frozen or canned vegetables, to your favorite soup. Try broccoli, carrots, beans, or red peppers.

**Side Dishes** Serve 1 cup of chopped vegetables instead of 1 cup of rice or pasta. You can use fresh, frozen or canned vegetables. Try broccoli, squash, tomatoes, onion, or peppers.

### Snacks

- Choose mostly fruits and vegetables for your snacks.
- One snack-size bag of corn chips (1 ounce) has the same number of calories as a small apple **and** 1 cup strawberries **and** 1 cup of carrots with ¼ cup of low-calorie dip – **all combined!**
- All these snacks are about 100 calories:
  - 1 medium apple (72 calories)
  - 1 medium banana (105 calories)
  - 1 cup blueberries (83 calories)
  - 1 cup grapes (100 calories)
  - 1 cup steamed green beans (44 calories)
  - 2 tablespoons of hummus (46 calories) with 1 cup of vegetables, such as carrots (45 calories), broccoli (30 calories), or bell pepper (30 calories)



**To learn more, see page 3.**

# Peak of the Harvest

## A Fruit and Vegetable Buying Guide for New Hampshire

To get the best quality and the best price, buy fresh fruits and vegetables at the peak of their harvest. Use this chart to know what fruits and vegetables you can expect to find at farmers' markets and farm stands each week.

	June		July		August		September		October	
	1-15	16-30	1-15	16-31	1-15	16-31	1-15	16-30	1-15	16-31
<b>Fruits</b>										
Apples										
Blueberries										
Melons										
Peaches										
Pears										
Raspberries										
Rhubarb										
Strawberries										
<b>Vegetables</b>										
Asparagus										
Beans (snap)										
Beans (shell)										
Beets										
Beet Greens										
Broccoli										
Brussels Sprouts										
Cabbage										
Cabbage (Chinese)										
Carrots										
Cauliflower										
Celery										
Corn										
Cucumbers										
Eggplant										
Lettuce										
Onions										
Peas										
Peppers										
Potatoes				new						
Pumpkins										
Salad Greens										
Scallions										
Spinach										
Summer Squash										
Swiss Chard										
Tomatoes										
Turnips/Rutabagas										
Winter Squash										

Please remember, this is only a guide. Farming practices, weather conditions and farm locations may result in some crops arriving earlier or later than listed.

## Caloric Density Resources



Fruits and vegetables are key to weight loss. It's all about caloric density. Basic caloric density concepts are explained on page 1. To learn more:

- Order a copy of *How to Use Fruits and Vegetables to Help Manage Your Weight*, an 8-page brochure developed by the Centers for Disease Control and Prevention. Use the order form on this page.
- Order the *Worksite Fact Sheet Series*. Use the order form on this page.
- Contact the NH Public Health Services Library at 271-0562/7060 or [cfirman@dhhs.state.nh.us](mailto:cfirman@dhhs.state.nh.us) or [jmverdon@dhhs.state.nh.us](mailto:jmverdon@dhhs.state.nh.us) to borrow:
- **Volumetrics Weight Control Plan: Feel Full on Fewer Calories** by Barbara Rolls, Ph.D. and Robert A. Barnett
- **The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories** by Barbara Rolls, Ph.D.



## NH-Grown Produce

Visit this link to locate your nearest source of locally-grown produce

<http://www.nh.gov/agric/publications/index.htm>

Look for:

- Farm stands
- Harvest-your-own farms
- Farmers' markets

Use the guide on page 2 to help you know what crops are in season.

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Fax (603-271-4160) or mail this form to:  
Fruit and Vegetable Program, 29 Hazen Dr, Concord, NH 03301

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Phone .....

★ Email address.....

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#### National Fruit and Vegetable Alliance

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- American Diabetes Association
- American Heart Association
- California Department of Health Services
- Centers for Disease Control and Prevention
- Culinary Institute of America
- National Alliance for Nutrition and Activity
- National Cancer Institute
- National Council of Fruit and Vegetable Nutrition Coordinators
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Produce Association
- US Department of Agriculture



#### Quick Tip!

Plan one or more meatless meals for the week – there are endless possibilities for using dried or canned beans. And, they are inexpensive!

**8269**

NH Department of Health and Human Services  
Division of Public Health Services  
Nutrition and Health Promotion  
Fruit and Vegetable Program  
29 Hazen Drive  
Concord, NH 03301-6504



Frozen fruit pops are a great treat on a hot summer day. Ask your kids to help you make them. For more freezee recipes, order the Freezee fact sheet (see page 3).

★ If you don't have a blender, chop the fruit into very small pieces.



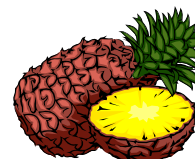
## Fruity Freezees

**Preparation Time:** 10 minutes plus 3 hours freezing time

**Serves** 6 (½ cup fruit per person)

- 6 ice pop molds or paper cups (5-ounce size)
- 6 wooden sticks, plastic spoons, or plastic pop sticks
- 2 cups 100% fruit juice (such as pineapple, grape, orange, apple juice or cider)
- 1 cup fruit (canned, fresh, or frozen)

- Mix all ingredients in the blender ★ until smooth.
- Divide the mixture evenly among the paper cups or ice pop molds.
- Place in freezer. When mixture gets slushy (1 to 1½ hours) insert one wooden stick, plastic spoon (handle up), or plastic pop stick per cup.
- Freeze until solid – 2 to 3 hours.
- To serve, remove from freezer and let sit about 10 minutes. Peel off paper cups.



**Nutrients per Serving (1 fruity freezee made with canned crushed pineapple and 100% pineapple juice):** Serving size: 1/6 of recipe. 70 calories; 0g fat; 0g saturated fat; 0mg cholesterol; 16g carbohydrate; 13g dietary fiber; 0g protein; 0mg sodium.

**Diabetic Exchanges:** 1 fruit.



## Creamy Freezees

**Preparation Time:** 10 minutes plus 3 hours freezing time

**Serves** 6 (½ cup fruit per person)

- 6 ice pop molds or paper cups (5-ounce size)
- 6 wooden sticks, plastic spoons, or plastic pop sticks
- ½ cup nonfat evaporated milk or plain yogurt
- 1½ cups crushed pineapple with its own juice or 100% orange juice
- 1 small banana
- 1 cup berries (fresh or frozen) or kiwi chunks

- Mix all ingredients in the blender ★ until smooth.
- Divide the mixture evenly among the paper cups or ice pop molds.
- Place in freezer. When mixture gets slushy (1 to 1½ hours) insert one wooden stick, plastic spoon (handle up), or plastic pop stick per cup.
- Freeze until solid – 2 to 3 hours.
- To serve, remove from freezer and let sit about 10 minutes. Peel off paper cups.



**Nutrients per Serving (1 creamy freezee made with banana, kiwi, 100% orange juice, and evaporated milk):** Serving size: 1/6 of recipe. 80 calories; 0g fat; 0g saturated fat; 0mg cholesterol; 17g carbohydrate; 1g dietary fiber; 2g protein; 30mg sodium.

**Diabetic Exchanges:** 1 fruit.

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# NH Fruit & Veggie News

Promoting fruits and vegetables for better health in New Hampshire



## No More Servings

With the 2005 Dietary Guidelines for Americans, fruit and veggie intake is now measured in cups rather than servings. While the average consumer may not know the standard serving sizes, health educators find servings an easy way to track food intake. For some, it has been a challenge to move into the new way of talking about amounts to eat.

### Tennis Balls

The fact sheet, *What Does a Tennis Ball Have to Do with Fruits and Veggies?*, (see page 2) is a helpful tool for explaining fruit and veggie intake without using the word "serving." It even explains the two times when a cup is not a cup!

### Online Links

Another teaching aid can be found on two web sites. Both have photo galleries of ½ cup and 1 cup portions of different fruits and vegetables.

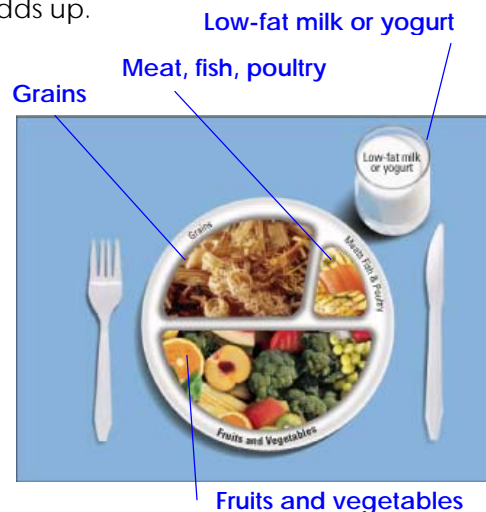
- Centers for Disease Control and Prevention  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
→ What Counts as a Cup?
- MyPyramid.gov  
[http://www.mypyramid.gov/pyramid/vegetables\\_counts.html](http://www.mypyramid.gov/pyramid/vegetables_counts.html)  
[http://www.mypyramid.gov/pyramid/fruits\\_counts.html](http://www.mypyramid.gov/pyramid/fruits_counts.html)

## Half Your Plate

Another approach to tracking fruit and vegetable intake is to aim to fill half your plate with fruits and vegetables at every meal and snack.

### More Matters

But, for many people, "half your plate" may be a discouraging goal. In that case, it's important to remember that even the smallest effort to eat more makes a difference! Each step taken toward eating more fruits and veggies adds up.



Winter 2008

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## Key Fruit and Veggie Messages

- Fruits and veggies help maintain a healthy weight when they replace high fat foods.
- Fruits and vegetables help reduce your risk for chronic diseases such as:
  - High blood pressure
  - Heart disease
  - Stroke
  - Type 2 diabetes
  - Some cancers
- Aim to fill half your plate with fruits and veggies at every meal and snack.
- Make fruits and veggies your first choice for snacks.
- Eat a colorful variety of fruits and vegetables every day.
- All forms of fruits and vegetables count:
  - Fresh
  - Frozen
  - Canned
  - Dried
  - 100% Juice
  - Beans
- Even the smallest effort to eat more makes a difference.





# What does a tennis ball have to do with fruits and veggies?

**Answer: 1 cup of fruit or vegetable is as big as a tennis ball.**

## All of these count as 1 cup

- **Apple:** 1 small
- **Banana:** 1 large
- **Broccoli:** 3 5-inch spears
- **Carrots:** 2 medium
- **Corn:** 8-9 inch ear
- **Grapefruit:** 1 medium
- **Mango:** 1 medium
- **Peach:** 1 large
- **Potato:** 1 medium

## All of these count as ½ cup

- **Applesauce:** 1 single-serving container
- **Carrot:** 1 medium or 6 baby
- **Celery:** 1 large stalk
- **Corn:** 6-inch ear
- **Dried fruit (such as raisins, dates, prunes, apricots):** ¼ cup
- **Juice:** ½ cup (4 ounces)
- **Orange:** 1 small
- **Plum:** 1 large
- **Spinach or kale, cooked:** ½ cup
- **Spinach, kale, or lettuce, raw:** 1 cup

## Leafy vegetables

- Raw spinach, kale, collards, mustard greens, and lettuce are leafy vegetables.
- Because they have a lot of space between the leaves, **1 cup raw leafy vegetables counts as ½ cup** of your daily intake.
- **½ cup cooked leafy vegetables counts as ½ cup** of your daily intake.



## Dried fruit

- Raisins are dried grapes. Prunes are dried plums. Other dried fruits include apricots, dates apples, pineapple, papaya and mango.
- As fruit dries, it gets smaller. For that reason, **¼ cup dried fruit counts as ½ cup** of your daily intake.



## Remember to count all of these

- 100% fruit and vegetable juices
- Legumes (dried beans, peas or lentils)
- Canned
- Fresh
- Frozen
- Dried



To find out how many cups of fruits and vegetables you need, visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) .

## Updated Resources

Ever since the launch of the new Fruits & Veggies—More Matters® brand in March 2007, the New Hampshire Fruit and Vegetable Program has been busy updating fact sheets to include the new program name, logo, and messaging. That project is now complete! Here are a few of the titles:

- *Creative Ways to Add Fruits and Veggies to Your Next Wellness Event*
- *Fruits and Veggies Across the Curriculum*
- *Fruits and Veggies at the Preschool*
- *Fruits and Veggies at the Worksite*
- *Fruit and Veggie Lending Library*
- *Fruit and Veggie Recipes*
- *Knock! Knock! Bookmarks*
- *Peak of the Harvest: A Fruit and Vegetable Buying Guide for New Hampshire – NEW!*

For copies of these fact sheets, visit [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies) or request a complete order form by email [fruitsandveggies@dhhs.state.nh.us](mailto:fruitsandveggies@dhhs.state.nh.us) or by phone (603-271-4830).

## What Is a Caucus, Anyway?

This is a great year to run a mock election at your school with a yam, a cabbage, and a blueberry each running a campaign! The fact sheet, *It's an election year . . . run a produce campaign!*, provides ideas for involving students at all grade levels. For a copy of the fact sheet, use the order form on this page or visit the NH Fruit and Vegetable Program website.



## ¡Más guisantes, por favor!



*More Peas, Please!*, a popular fact sheet for parents of young children, is now available in Spanish. For a bulk supply, use the order form on this page.

## Order Form

### Bulk Color Publications for NH programs only (single copies for others)

- \_\_\_\_\_ **Get more...because more matters** (accordion brochure)
- \_\_\_\_\_ **"More Peas, Please!"** (for parents of young children)
- \_\_\_\_\_ **"¡Más guisantes, por favor!"** (for parents of young children)
- \_\_\_\_\_ **Three Simple Steps to Eating More Fruits and Vegetables** (easy-to-read fact sheet)

### Color Publications – Single copies only

- ☐ **PBH 2007 Nutrition Education Catalog** (34-pages)
- ☐ **How Many Fruits and Vegetables Do You Need?** (12-pages)
- ☐ **¿Cuántas frutas y verduras necesitas tú?** (How Many Fruits and Vegetables Do You Need?) (12-pages, Spanish)
- ☐ **Como más frutas y verduras en tres simples pasos** (Three simple steps to eating more fruits and vegetables)(easy-to-read Spanish fact sheet)
- ☐ **Choose Smart – Choose Healthy** (8-page brochure for women of African descent)
- ☐ **Why Do Fruits and Vegetables Matter to Men?** (8-page brochure for men of African descent)

### Ready-to-Copy Materials – Single copies only

- ☐ **Explore the World with Fruits & Veggies**
- ☐ **Knock! Knock! Bookmarks** (60 jokes)
- ☐ **It's an election year . . . run a produce campaign!**

For more ready-to-copy fact sheets, visit us online at [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies)

Fax (271-4160) or mail this form to:  
**Fruit and Vegetable Program, 29 Hazen Dr, Concord, NH 03301**

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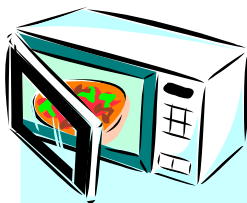
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**NH Fruit & Veggie News** is issued three times a year by the New Hampshire Fruit and Vegetable Program (formerly the NH 5 A Day for Better Health Program). Contact the program at [fruitsandveggies@dhhs.state.nh.us](mailto:fruitsandveggies@dhhs.state.nh.us) or 603-271-4830.

**National Fruit and Vegetable Alliance**

- American Cancer Society
- American Diabetes Association
- American Heart Association
- California Department of Health Services
- Centers for Disease Control and Prevention
- Culinary Institute of America
- National Alliance for Nutrition and Activity
- National Cancer Institute
- National Council of Fruit and Vegetable Nutrition Coordinators
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Produce Association
- US Department of Agriculture



**Quick Tip!**

For a quick and easy lunch, mix leftover cooked rice with your favorite fresh or frozen veggies, add seasonings, and zap in the microwave.

**8269**

NH Department of Health and Human Services  
Division of Public Health Services  
Nutrition and Health Promotion  
Fruit and Vegetable Program  
29 Hazen Drive  
Concord, NH 03301-6504



What a fun way to explore the world – through fruits and vegetables! The campaign, Explore the World with Fruits and Vegetables, includes a recipe series for adults and another for kids. Here's one recipe from each set.

## Curried Cauliflower

Cauliflower takes on a different flavor when seasoned with Indian curry. Serve over brown rice.

**Serves 4 (1 cup veggies per person)**

From [www.fruitsandveggiesmatter.gov/publications](http://www.fruitsandveggiesmatter.gov/publications)

→ **Adult Recipe Cards**

- 1 tablespoon canola oil
- $\frac{3}{4}$  cup chopped onion
- $\frac{3}{4}$  cup frozen green peas
- 1 head of cauliflower, chopped and steamed
- 1 tablespoon curry powder
- 1 teaspoon cumin
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper

- Heat canola oil in large skillet. Add onion and sauté one minute.
- Add remaining ingredients. Stir until vegetables are coated with spices.
- Cook on medium heat 10 minutes, stirring often.

**Helpful Tip** For a milder flavor, use tumeric instead of curry.

**Variation** To save time buy fresh or frozen, pre-cut cauliflower (~3 cups or 15 ounces).

**Nutrition Facts** Serving size:  $\frac{1}{4}$  of recipe. 110 calories; 4g fat; 0.3g saturated fat; 0mg cholesterol; 15g carbohydrate; 6g dietary fiber; 5g protein; 120mg sodium.



## Crunchy African Bananas

**Serves 2 (1 cup fruit per person)**

From [www.fruitsandveggiesmatter.gov/publications](http://www.fruitsandveggiesmatter.gov/publications) → **Kid Recipe Cards**

- 1 tablespoon butter or margarine
- 1 tablespoon firmly packed brown sugar
- $\frac{1}{4}$  teaspoon ground cinnamon

- Cooking spray
- 2 large bananas, medium-ripe
- $\frac{1}{4}$  cup chopped unsalted peanuts

- Preheat oven to 350°.
- In a small bowl, melt butter in the microwave, about 45 seconds.
- Stir in brown sugar and cinnamon until well blended.
- Coat a 9 x 9 inch baking pan with cooking spray.
- Peel bananas. Cut each banana in half lengthwise. Place cut side down in baking pan. Brush with the brown sugar mixture. Sprinkle with chopped peanuts.
- Bake 20 minutes, or until bananas are lightly browned. Serve warm.

**Variation** Try using a different variety of bananas – such as red bananas.

**Nutrition Facts** Serving size:  $\frac{1}{2}$  of recipe. 310 calories; 16g fat; 5g saturated fat; 0mg cholesterol; 42g carbohydrate; 5g dietary fiber; 6g protein; 5mg sodium.

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